

Chocolate Chip Yogurt Cookies

Makes: 36 servings

Add extra calcium to your cookies with yogurt. These cookies also use whole wheat flour which adds fiber and other nutrients.

Ingredients

1/2 cup sugar
1/2 cup brown sugar (firmly packed)
1/2 cup margarine
1/2 cup yogurt (non-fat, plain)
1 1/2 teaspoons vanilla
3/4 cup flour (all-purpose)
1 cup flour (whole wheat)
1/2 teaspoon baking soda
1/2 cup chocolate chips (miniature, or carob chips)

Directions

1. Heat oven to 375° F.
2. In a large bowl combine sugar, brown sugar and margarine; beat until light and fluffy.
3. Add yogurt and vanilla; blend well. Stir in flour and baking soda; mix well. Stir in chocolate chips.
4. Drop dough by rounded teaspoonfuls 2 inches apart onto un-greased cookie sheets. Bake at 375° F for 8 to 12 minutes or until light and golden brown.
5. Cool 1 minute, remove from cookie sheets.

Cornell University Cooperative Extension, Eat Smart New York!

Nutrition Information

Nutrients	Amount
Calories	80
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	45 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Total Sugars	7 g
Added Sugars included	7 g
Protein	1 g
Vitamin D	N/A
Calcium	12 mg
Iron	N/A
Potassium	39 mg